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SURE, MACHETE KILLS STAR DANNY TREJO WAS AN ADDICT AND CON, BUT THEN HE FOUND GOD PAGE 14

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CAR CHASE TURNS FATAL

A wrecked Capitol Police car blocks Constitution Avenue N.W. after gunshots were reported on Capitol Hill in Washington, D.C., Thursday. A woman with a year-old child led Secret Service and police on a harrowing car chase from the White House, past the Capitol, before she was shot to death, police said. The child survived. A police officer was reported injured in the incident, which saw the entire complex locked down, at least temporarily derailing debate over how to end a government shutdown. Story, page 6. CHARLES DHARAPAK/THE ASSOCIATED PRESS

More schools on alert as RCMP seek sex offender

On the loose. Students in west-central Sask. go in lockdown mode amid reports of sightings linked to Edmonton man

Schools in several west-central Saskatchewan communities locked their doors and kept children inside on Thursday after a warning about a potentially violent high-risk sex offender.

RCMP in Kindersley said there had been two unconfirmed sightings of a vehicle connected to Michael Sean Stanley. There were also reports that Stanley may have been seen on foot in the Kindersley area Thursday afternoon.

"The RCMP have advised that all three Kindersley schools, Rossville School in Coleville, Eston Composite School, Westcliffe Composite School in Marengo, Eaton School in Eatonia and Northwest Central School in Plenty go into lockdown procedures," said Sun West School Division spokeswoman Roxan Foursha.

"RCMP have advised that we will be on alert like this for at least the next 24 hours unless that person is apprehended. They'll let us know."

Mounties said there was also a possible sighting of Stanley in Rosetown, just east of Kindersley. An elementary school in Rosetown put protection measures in place, too.

Stanley has a long history of sex offences, including taking children from playgrounds.

The Edmonton man's electronic monitoring bracelet was found Tuesday on the roof of a business in Lloydminster — it had been cut off.

Foursha said school buses would not be running after school Thursday. "RCMP advise that parents must come to the school and pick up their children and pick up only their own children," she said.

Foursha could not say how many students were affected. Four of the schools have students from kindergarten to Grade 12, but even those older students need to be picked up by parents, she said.

THE CANADIAN PRESS

Lloydminster in the clear

Public schools in Lloydminster, on the Alberta-Saskatchewan boundary, locked their doors and kept children inside Wednesday amid concerns that Stanley may have been in the area.

- The Lloydminster Public School Division lifted those restrictions Thursday morning after the RCMP said it's very likely that Stanley was no longer in the city.

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School seeks playground for the visually impaired

And it needs your vote. Arcola enters bid for project into online grant-money contest

MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

Staff at Arcola Community School want to burnish its new, lush yards with a playground that all of its students can enjoy — including those with visual impairments.

The school has entered a proposal to build a playground — with braille, a tactile map and raised large-print signage with colour contrast — to the Aviva Community Fund contest, which grants money to needy community-oriented projects in Canada that win the greatest number of votes on its website.

"There are other accessible playgrounds, but there's nothing we know of like this (in Regina)," said Dwila Nixon, a teacher in a Regina Public Schools program for visually impaired students, headquartered at Arcola.

While there are only seven students at Arcola in the visually impaired program, which caters to children whose primary mode of communication is braille, Nixon said the rest of the school would use the playground as well.

According to Arcola principal Luc Friesen, the proposal has won the support of students, staff and members of the school's community council.

"We believe we are the only proposal (in the contest) from Regina," added Nixon. "We would like to see the general public support our cause."

As of press time, the playground project had garnered 314 votes.

Contest details

The deadline to vote for the project, at avivacommunityfund.org, is Oct. 14.

- If Arcola's proposal is among the top 90, it will proceed to a semifinal round, where voting will reduce the field to 30.
- All finalists will receive $5,000. Judges will determine the proposals that win the Aviva Community Fund grand prizes.

Teacher Dwila Nixon, left, and orientation and mobility specialist Karla Ell are urging Regina residents and others to vote for the Arcola school playground project on the Aviva Community Fund website. MARCO VIGLIOTTI/METRO

'Go Riders' prankster a long-time 'Pegger

A Riders fan living in Winnipeg says he wrote the message in the grass. SHANE GIBSON/METRO IN WINNIPEG

Bomber fans have been quick to blame Saskatchewan for a message of Rider pride found growing outside their stadium this week — but a man claiming responsibility says he's lived in enemy territory a long time.

"It is challenging, being a Rider fan living in Winnipeg," said the man, who refused to give his name when he called Metro to admit to his handiwork on Thursday.

"I get called a 'banjo-picking inbreed' and things like that.... It's all in good fun, and I did this in good fun too, to give Riders fans something to smirk about."

The prankster, who's lived in Winnipeg for more than a decade but is originally from Saskatchewan, said he and an accomplice used granular fertilizer and actually did the deed back in August in hopes the message would be visible in time for the Banjo Bowl.

"It was noticeable if you were looking for it," he said. "But it wasn't as obvious as it is now that the rest of the grass is turning yellow."

The man told Metro he's been planning the prank for years and settled on the method after a failed attempt at fertilizing his own lawn.

"I fertilized part of my lawn and not the other part," he laughed. "I realized at that point that you could write a message by being careful."

He said he's happy to see his prank finally getting attention and scoffed when asked if he's ever considered turning Bomber blue.

"If your job took you to Calgary, would you all of a sudden become a Stampeder fan?"

SHANE GIBSON/METRO IN WINNIPEG

Nation stands strong

Riders brand won't be hurt by player antics: Professor

The reputation of the Saskatchewan Roughriders is far too resilient to be tarnished by the recent off-field actions of some of its players, says a University of Saskatchewan marketing professor.

"What the individual player does, I don't think will necessarily damage the Riders brand because the brand is so well-established," said Susan McDonald, assistant professor at the Edwards School of Business, on Thursday.

"The Riders have enormous social capital."

After a near-perfect 8-1 start to this CFL season, the famed Roughriders franchise appears under siege, on and off the field.

During the team's current four-game losing skid, three players were charged with assault after a brawl at a Regina nightclub in August. And on Wednesday, quarterback Darian Durant was fined by the league for a profane tweet to a fan who had berated him for his recent play.

But McDonald said the Riders brand won't be dragged into the dirt by these off-field woes because no one player is seen as the undisputed face of the franchise, which has transformed into an almost leaderless "religion" for some.

"The brand is bigger than the individual players," she said. "In some cases, the brand becomes even bigger than the team."

Instead of morphing into a vehicle for a certain player or roster, McDonald said the Roughriders brand has become deeply intertwined with the province's self-image.

"Parts of the Rider identity are rooted in our long-standing perception of us as an underdog, have-not province," she said.

"We band together and we support our team."

MARCO VIGLIOTTI/METRO

Is the Roughriders' image damaged?

With three Saskatchewan Roughriders players facing assault charges and the CFL fining quarterback Darian Durant for an offensive tweet, it seems as though Rider Nation has hit a rough patch. Metro took to the streets in Saskatoon and Regina to find out whether fans think their favourite football brand has been tarnished.

MARCO VIGLIOTTI AND JACOB MORGAN
regina@metronews.ca

Darcy Dumont, 20, student, Regina

"Maybe a little. I think it reflects more on the individual players than the team itself. If the organization itself came out and started doing some controversial and offensive things, then of course it would start tarnishing it."

Holly Breton, 35, hotel employee, Saskatoon

"I don't think so. I just don't think it's anybody's business. It's their own personal time. Everybody should take pride in (the Riders). I mean, it's Saskatchewan and they're the only football team we have. We should support them."

Jordan Grebinsky, 21, education student, Regina

"I don't think so. I'll still cheer for them. If it kept happening, then it would affect me. But if it's a one-time thing, I still support them. People make mistakes."

Alison Williams, 44, library clerk, Saskatoon

"Yes, I would say it's definitely hurting their image. The behaviour of anyone on the team can affect the overall image the team has. In the long run, it probably won't have a lot of effect — but in the short term, it might make people think twice about their support."

Mike Allan, 21, kinesiology student, Regina

"I don't know if it affects the Riders. They are the main reason the CFL is what it is. It affects the persona of the players. When you are a professional athlete, you need to realize what you're doing before you do it. You have to accept the repercussions."

Justin Baker, 26, cashier, Saskatoon

"Maybe they should watch their step, but they are testosterone-filled guys playing a rough and tough game. I want the team to be tough in some ways, but … I don't want them hurting citizens. They do have to realize they are in the public spotlight."

Local gamers taking it to the tabletops in effort to raise $10K

In 24 hours of straight board-gaming, you can play much more than Monopoly.

A group of gamers is pledging to play board games for a full day — by themselves or tagging off in teams — to raise money for Regina's Souls Harbour Rescue Mission.

"It's really heartwarming, because people want to come together and play games to do something wonderful for the community," said Matt Robertson, who runs the community-minded SaskGames website and is organizing the inaugural event.

They have closed registration on Saturday's 24 Hours to Play With Your Food after 81 people signed up for the event, which will feature much more than traditional board games.

"There is really a tremendous diversity of board games that are being played nowadays," Robertson said, citing "designer" games such as Settlers of Catan, Ticket to Ride and Merchant of Venus.

"There are a lot of fun alternatives to maybe those fun, longer games that people remember (from) growing up … lots of variety to the style of games."

As the board game culture has risen internationally, Robertson says his gaming community has grown significantly since he started his website three years ago. They have more than 500 members and more than 50 people coming to their weekly ChewsDay game night at the Boston Pizza on north Albert Street.

The event will take place at the Souls Harbour building at Athol Street and Dewdney Avenue. Though the group originally planned to try to raise $5,000, Robertson said it will push for the $10,000 mark.

ALYSSA MCDONALD/METRO

Matt Robertson, who runs SaskGames, shows off one of his favourite games, Carcassonne, at Regina's ComicReaders on Thursday. ALYSSA MCDONALD/METRO

Loose moose rides rough on Regina roads

Many early-morning drivers in Regina got a little show on Thursday as a moose wandered around Queen City streets.

Saskatchewan conservation officer Bonnie Greene said she heard about the moose about 4 a.m. around Lewvan Drive and Parliament Avenue, but it was too dark to try to tranquilize it — so she and other provincial staff tracked it instead.

"It was fairly dark and there always seemed to be something in the way," Greene said of efforts to tranquilize the animal before the sun rose.

Witnesses reported, via social media, seeing the moose in the North Central area and along Saskatchewan Drive. It even appeared to be a Saskatchewan Roughriders fan.

"There was a moose (the animal, not an offensive lineman) outside the Riders ticket office this morning...," Greg Hluska tweeted at 8 a.m.

By 8:40 a.m., city police reported that the moose had last been seen along McKinley Avenue and "head(ing) for quieter environs."

However, Greene said the moose — an approximately one-year-old male — didn't leave the Regina area until 1 p.m.

"It's fairly rare for big-game animals to wander inside the city limits … it's a stressful situation for them, and of course they would prefer to not be in that situation," she said.

"Once they are inside city limits, it's just quite often that it isn't until dark again when they can orient themselves and find their way out."

ALYSSA MCDONALD/METRO

Peace activist Audrey Tobias, 89, steps out of a Toronto court to speak with journalists Thursday. CHRIS YOUNG/THE CANADIAN PRESS

Census protester won't back down, pleads not guilty

'I am ashamed of my prime minister.'
89-year-old objects to U.S. company's involvement in Canadian process; Crown says no lawful excuse for refusal

A defiant octogenarian pleaded not guilty Thursday to criminal charges arising out of her refusal to fill out the 2011 census, and said she would not pay any fine if convicted.

Audrey Tobias, 89, of Toronto, told an Ontario court she agreed with the aims of the census, but objected to the involvement of American arms behemoth Lockheed Martin.

"When I learned that the contract for the information technology was being given to a foreign company, I was shocked," Tobias testified.

"I am ashamed of my prime minister … who ultimately made the decision. Because of that, I couldn't fill it in."

Tobias is charged with violating the Statistics Act.

The defence maintained that forcing her to complete the census would violate her freedoms of conscience and free expression.

Judge Ramez Khawly was clearly skeptical as lawyer Peter Rosenthal made his arguments, and wondered aloud what would happen if the court sent a "signal" that it was OK to opt out of the census.

The Crown said Tobias had no lawful excuse for her refusal.

Tobias said she was unconcerned about the consequences of a conviction, which carries a maximum three months in prison.

"I'm not worried; we'll take it as it comes," she said during a break in the proceedings.

THE CANADIAN PRESS

Quoted

"Of course, I would not pay (a) fine — that would be an admission of guilt." Audrey Tobias

Two Canadians, entire Greenpeace crew charged

Two Canadians are among those facing prosecution after Russian investigators say they charged the entire crew of the Greenpeace ship Arctic Sunrise with piracy for a protest at a Russian oil platform.

The crew includes Alexandre Paul of Montreal and Paul Ruzycki of Port Colborne, Ont., and the charge they both face can result in a 15-year prison term upon conviction.

Greenpeace denies any wrongdoing and describes the charges as absurd. The mother of one of the Canadians says they make no sense.

"I think we can agree that piracy involves weapons and taking control of another vessel. Greenpeace did nothing like that," Paul's mother, Nicole Paul, said in a phone interview from Pike River, Que.

Nicole Paul said her son has travelled the globe the last seven years to defend his ideals and that he once spent a night in prison in Scotland before being released without charge.

"Nothing has ever happened like this. They're being treated like terrorists."

She said the activists were protesting peacefully.

In Russia, the Investigative Committee said in a statement that the piracy charge was filed Thursday against 16 members of the crew, including a prominent Russian freelance photographer. The crew's other 14 members were similarly charged Wednesday.

THE CANADIAN PRESS

In this photo taken Wednesday, the Russian Investigative Committee inspects the Arctic Sunrise near Murmansk, Russia.
DMITRI SHAROMOV/GREENPEACE/THE ASSOCIATED PRESS

Foreign affairs

A Canadian Foreign Affairs Department spokesman said the government is aware of the situation involving the two Canadians and consular services were being provided "as required."

Cyber attacks

13 members of Anonymous indicted

A federal grand jury has indicted 13 members of the Internet hacking group Anonymous for allegedly carrying out cyber attacks against websites worldwide.

The members are accused of targeting governments, law firms, financial institutions and other institutions. The indictment says victims of the attacks range from the Recording Industry Association of America to MasterCard.

THE ASSOCIATED PRESS

North of Toronto

Police investigate after 6 severed cat heads found

Cat owners in a community north of Toronto are being warned to keep their pets indoors after a number of severed cat heads were found.

York Regional Police said Thursday there have been six recent incidents in Whitchurch-Stouffville where heads and, in one case, other body parts of a dismembered cat were found in public locations.

Investigators don't know what the motive behind the dismemberments could be, said Const. Andy Pattenden.

But he said it's believed the dismemberments were done intentionally, adding the heads were all placed within a one-kilometre area in residential neighbourhoods.

The first incident was reported Aug. 12 when a head and two legs were found near a daycare centre. Five other cat heads were found during the next few weeks, with one being found near a school, and the last incident was reported on Sept. 13, when a homeowner found her cat's head in front of her residence.

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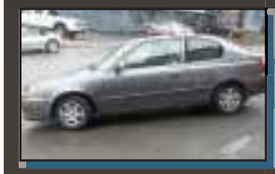
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Police respond to reports of shots being fired at the U.S. Capitol on Thursday. The facility was locked down during the incident. WIN MCNAMEE/GETTY IMAGES

Woman shot dead in D.C. ramming spree

White House to Capitol Hill. Driver tried to break through security with an infant inside the vehicle

A woman with a year-old child led Secret Service and police on a harrowing car chase from the White House past the Capitol on Thursday, attempting to penetrate the security barriers at both national landmarks before she was shot to death, police said. The child survived.

"I'm pretty confident this was not an accident," said Metropolitan Police Chief Cathy Lanier. Still, Capitol Police said there appeared to be no terrorist link.

The woman was apparently unarmed.

Tourists, congressional staff and even some senators watched as a caravan of law-enforcement vehicles chased a car down the street outside the Capitol.

House and Senate lawmakers, inside debating how to end a government shutdown, briefly shuttered their chambers as Capitol Police shut down the building.

Police open fire

"There were multiple shots fired, and the air was filled with gunpowder."
Witness Berin Szoka, whose office overlooks the shooting scene

The woman's car at one point had been surrounded by police cars and she managed to escape, careening around a traffic circle and past the north side of the Capitol.

Video shot by a TV cameraman showed police pointing firearms at her car before she rammed a Secret Service vehicle and continued driving. Lanier said police shot and killed her a block northeast of the historic building.

One Secret Service member and a veteran of the Capitol Police were injured.

THE ASSOCIATED PRESS

Americans learn that, yeah, the feds run a whole bunch of stuff

Tourists take photos of the Statue of Liberty from a tour boat on Thursday. The statue is currently closed.
MARK LENNIHAN/THE ASSOCIATED PRESS

Americans are finding their lives upended in startling ways by the government shutdown now in its third day. Weddings are in peril, vacations are ruined and a farmer can't even cash a cheque.

The federal government, people are learning, comprises a lot more than the stereotypical faceless bureaucrat.

About 800,000 of those workers, from tax agents to janitors, are bearing the brunt of the shutdown, forced to stay home without pay.

Two dozen October weddings, including nine this week, are in jeopardy because they're scheduled for closed-off monument sites in Washington. The same was true for a couple planning to marry at the Grand Canyon.

Or consider the Wisconsin farmer who can't cash a cheque for a cow he sold. Ben Brancel, the state's agriculture secretary, said that because the farmer has a federal loan, he can't cash the cheque without a signature from a Farm Service Agency official.

American Indian tribes, who rely more heavily on federal subsidies, are coping with disrupted services including foster-care payments, nutrition programs and financial assistance for the needy.

Also taking a hit is the federal Head Start program that provides pre-school, meals and health care to more than a million low-income children a year.

Aspiring home owners applying for a mortgage can expect delays, especially if the shutdown is prolonged.

One possible silver lining: The whole thing could serve as a teachable moment for all those people who tell pollsters they want budget cuts — as long as they aren't directly affected. THE ASSOCIATED PRESS

Hundreds dead or missing as migrant ship sinks off Italy

Tragedy. Boat carried nearly 500 from Eritrea, Ghana and Somalia; only three of the 100 women were rescued, no children

A rescued man is carried off an ambulance. ALESSANDRO FUCARINI/THE ASSOCIATED PRESS

It was the third ship of the night to head toward the tiny Italian island of Lampedusa packed to the brim with migrants seeking a better life in Europe. The first, filled with Syrians, arrived about 10 p.m. The second, carrying Eritreans, slipped in at 2 a.m. The third never reached the shore.

At least 114 people died and at least 200 were still unaccounted for late Thursday after a crowded fishing boat carrying African migrants from Tripoli caught fire, flipped over and sank.

In the dark of night, hundreds of men, women and children who didn't know how to swim were flung into the sea about a half-mile from Lampedusa. Between 450 and 500 people were believed to be on board; only 159 were rescued.

After the boat started taking on water, someone on board set a fire to get the attention of passing ships. The flames spread and panicked passengers surged to one side to avoid the fire. The 20 metre vessel the capsized.

Pietro Bartolo, of Lampedusa, said the death toll would certainly rise as search operations continued.

"It's an immense tragedy," said Giusi Nicolini, mayor of Lampedusa.

It was one of the deadliest accidents in the perilous Mediterranean Sea crossing that thousands make every year, seeking a new life in the prosperous European Union. Smugglers charge thousands of dollars a head to take people to Europe aboard overcrowded, barely seaworthy boats.

Lampedusa, 113 km off Tunisia and closer to Africa than the Italian mainland, has been at the centre of illegal immigration. Pope Francis, who visited Lampedusa in July to bemoan the frequent deaths of migrants, sent his condolences.

THE ASSOCIATED PRESS

'Only the strongest survived'

"We need only caskets, certainly not ambulances." Pietro Bartolo, chief of Lampedusa health services.

Arctic. Russia restoring Siberian military base to protect shipping routes

President Vladimir Putin pledged Thursday that Russia will expand its presence in the Arctic, adding that work is underway to restore a major Soviet-era military base there.

Speaking at a meeting with activists of the main Kremlin party, United Russia, Putin said the Arctic region is essential for Russia's economic and security interests.

Putin said the Russian military has been restoring a Soviet-era military base on the New Siberian Islands; key for protecting shipping routes that link Europe with the Pacific region across the Arctic. THE ASSOCIATED PRESS

Russia's Vladimir Putin GETTY IMAGES

Athens, Greece

Golden Dawn leaders held

The head of Greece's Nazi-inspired Golden Dawn party and one of his parliamentarians were locked up in a maximum-security Athens prison Thursday.

Judges ordered their detention pending trial on charges of running a criminal organization.

Nikos Michaloliakos and Yiannis Lagos will be held at the Korydallos Prison. There are widespread accusations the party organizes attacks on immigrants, political opponents and gay people.

THE ASSOCIATED PRESS

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YOUTUBE GETS A FILM FEST

Just weeks after some of Hollywood's biggest names cleared town at the end of the Toronto International Film Festival, the city will soon be host to another barrage of visiting filmmakers attending a multi-day festival. This one is dedicated to the art of YouTube. The inaugural Buffer Festival, which highlights the work of some of the top creators on Google's video streaming website, comes to Toronto on Nov. 8 and runs for three days. While not household names, the creators behind the YouTube channels CTFXC, Charlie Is So Cool Like, DailyGrace, Jack's Films, The Fine Brothers and MysteryGuitarMan — all pictured, clockwise from top left —as well as Prank vs Prank, Schmoyoho, IISuperwomanII and What the Buck? each have more than one million subscribers who have signed up to see everything they post online.

"In 2011, YouTube was definitely something that everyone knew about, but I think in 2013 it's something that everybody not only knows about but is starting to respect and the public is starting to become aware of what a YouTube celebrity is," said St. Catharines, Ont., native Corey Vidal, whose company ApprenticeA Productions is spearheading the festival. THE CANADIAN PRESS

The art of making a razor for the developing world

Marketing. In India, designing a relevant product meant going into people's homes to watch them shave

Gillette has sold razors in India for more than a decade. But the Gillette Guard, a low-cost razor designed for India and other emerging markets, quickly gained market share after it was introduced three years ago and today represents two out of every three razors sold in India. THE ASSOCIATED PRESS FILE

Procter & Gamble executives say it was striking the first time they witnessed a man shave while sitting barefoot on the floor in a tiny hut in India. He had no electricity, no running water and no mirror.

The 20 U.S.-based executives observed the man in 2008 during one of 300 visits they made to homes in rural India. The goal? To gain insights they could use to develop a new razor for India.

"That, for me, was a big 'a-ha,'" said Alberto Carvalho, vice-president, global Gillette, a unit of P&G. "I had never seen people shaving like that."

The visits kicked off the 18 months it took to develop Gillette Guard, a low-cost razor designed for India and other emerging markets.

Introduced three years ago, Guard quickly gained market share and today represents two out of every three razors sold in India. The story of how Guard came to be illustrates the balance companies must strike when creating products for emerging markets: It's not as simple as slapping a foreign label on an American product.

To successfully sell products overseas, particularly in developing markets, companies must tweak them so they're relevant to the people who live there. And often, that means rethinking everything from the product's design to its cost.

More companies will have to consider this balancing act as they increasingly move into emerging markets such as India, China and Brazil to offset slower growth in developed regions such as the U.S.

For its part, P&G has doubled the percentage of its roughly $20 billion in annual revenue coming from emerging markets since 2000 to about 40 per cent. Ali Dibadj, a Bernstein analyst who follows P&G, said the Guard razor, which has been used by more than 50 million men in India, serves as a road map for companies seeking to court emerging markets.

Quoted

"It made P&G realize how much investment it really takes to be successful in India."

Bernstein analyst Ali Dibadj

"It made P&G realize how much investment it really takes to be successful in India," he said. "That's the art of emerging markets."

India long has been an attractive country for U.S. companies looking for growth. It has 1.24 billion people, and its economy is bustling. Still, its widespread poverty presents challenges for firms used to customers with more disposable income. India's per capita income is just about $124 US a month, compared with $4,154 in the U.S., according to the World Bank. THE ASSOCIATED PRESS

BlackBerry. Rogers opts not to stock Z30 model

BlackBerry says its latest smartphone will arrive in Canadian stores later this month, but it won't have the support of one of the country's largest carriers — Rogers.

Rogers' decision not to stock the Z30 touchscreen model, which will become available in Canada on Oct. 15, comes as a surprise since the Toronto-based wireless and cable company was an early adopter of BlackBerry products.

Rogers also hosted the Canadian debut of the new generation of BlackBerry phones at its headquarters in February, with BlackBerry chief executive Thorsten Heins and Rogers head Nadir Mohamed posing for photos together.

Rogers already stocks BlackBerry's Z10 touchscreen phone, the Q10 keyboard version and a lower priced Q5 model but isn't adding the larger Z30, which is roughly the size of a Samsung Galaxy 4. "We believe we can fulfil our customers' demand for a BlackBerry device with our current lineup," said a Rogers spokeswoman in an email. THE CANADIAN PRESS

Music streaming

Rdio launches free mobile listening

Digital music service Rdio launched its free Internet radio service in the U.S. and Canada on Thursday. For now, the app that works on Apple and Android devices won't play ads between the songs that are randomly picked based on genres, artists, songs or albums. The company hopes nonpaying listeners will sign up for a $10-a-month subscription that adds features like the ability to pick and choose exact songs and albums. THE ASSOCIATED PRESS

Market Minute

DOLLAR 96.84¢ (+0.05¢)

TSX 12,735.12 (-103.88)

OIL $103.31 US (-79¢)

GOLD $1,317.60 US (-$3.10)

Natural gas: $3.51 US (-3¢)
Dow Jones: 14,996.48 (-136.66)

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SHOPPERS DRUG MART

LIFE HAPPENS BETWEEN COMMERCIALS

THE METRO LIST

Paul Sullivan
metronews.ca

It's time to gather around the virtual water cooler for this week's Metro List. Here goes:

1 **Shutdown rerun.** Is the U.S. government really shut down, or is this just an uncanny re-enactment of a 2003 episode of The West Wing, called, naturally, Shutdown? Let's hope life imitates art and they get this thing solved before the commercial break.

2 **True patriot love for everyone.** Not just all "thy sons," as in O Canada. Prominent Canadians Margaret Atwood and former PM-for-a-day Kim Campbell want to change the national anthem to "true patriot love in all of us command." Benefits: gender neutrality and one less "thy." Drawbacks: it still doesn't make much sense.

3 **Speaking of patriots.** The author of The Hunt for Red October and Patriot Games may have died this week at 66, but Tom Clancy the brand lives on. His 17th novel, Command Authority, is due out in time for Christmas, and there's a new movie — Shadow One — featuring his main character Jack Ryan, due for release at the same time. The former insurance salesman had 100 million books in print and left a fortune worth US$300 million on the strength of a single plot line: America wins. It's fiction, after all.

4 **50 shades of red in the face.** Believe it or not, 52,500 people (so far) have signed a petition protesting the selection of screen newcomers Dakota Johnson and Charlie Hunnam to play the heroine and hero of turgid bondage fantasy 50 Shades of Grey, preferring Alexis Bledel and Matt Bomer instead. Whoever they are. Fans have even put together fake trailers of the two in the lead roles. Bledel is reported to be flattered and more than a little freaked out to be so honoured. Imagine how Dakota and Charlie feel: What, we're not kinky enough?

5 **Jacques Parizeau, enlightenment philosopher.** Even the politically tone-deaf Parti Québécois must realize it's in trouble when the party's notorious grouch emeritus gives a thumbs down to the proposed charter banning religious dress such as burkas and paraphernalia such as kirpans from the public service workplace. Even he, who once blamed "ethnic votes" for losing an election, says it goes too far. Although Parizeau is a former PQ premier, that doesn't cut any ice with party brass, who are all shrugging in harmony. They'll "consider" his comments, says a spokesperson, as well as the other 25,000 comments left on the PQ website.

6 **Well, she's, like, really old or something.** It says something about our health-care system when a hospital sends a 90-year-old blind woman home in a taxi in a rain storm, wrapped in a bed sheet, dressed only in her PJs and slippers, bleeding and alone at 2:30 a.m. Something that cannot be repeated in a family newspaper. B.C.'s Premier Christy Clark expressed concern and Fraser Health authority has apologized to Vivian Fitzpatrick, but really? They should be made to eat hospital food after awakening her at that hour for no reason at all.

Follow The Metro List on Twitter @TheMetroList

ZOOM

Shoo fly don't bother me

ALBERTO GHIZZI PANIZZA/SOLENT

Damselflies hold legs in cute picture

These vividly-coloured damselflies look like they are on a romantic date, seemingly holding each other while cuddling up with a flower.

Italian photographer Alberto Ghizzi Panizza spotted these cute insects near the River Po in the Po Valley, Italy. He took shots of the damselflies shortly after dawn as they rested on wild flowers. **METRO**

Q and A

'Jostling for a position to rest'

ALBERTO GHIZZI PANIZZA
Photographer, 38, from Parma, Italy

What is their normal behaviour?
They rest alone on flowers to dry their wings which get covered in early morning dew, so the insects are in fact competing for rights to that resting spot. They look like they are affectionately holding 'hands' but in truth the bugs are just jostling for a position to rest.

What does the photograph have to tell us?
Beneath every wildlife photograph is the message that we should always respect nature.

This is a bug's life

- There are 5,000 species of Odonata (damselflies and dragonflies) — the scientific name meaning 'toothed ones' due to the insects' mandibles. They are carnivorous and hunt spiders and tiny fish.
- Odonata look the same as they did in the Jurassic era, about 135 million years ago.

Clickbait

HANNAH ZITNER
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Welcome to Canada Rdio. Er, I mean welcome to Canada free Rdio. With its launch into Canadians' smartphones (Apple and Android only, sorry BlackBerry users), we've dug up what else is out there for your mobile streaming needs — that you haven't already discovered.

IndieShuffle:
Curated by real people who actually know music, discover bands that you — and your cooler friends — have probably never heard of. Available on Apple and Android devices.

The Hype Machine:
Streams music based on what people in specific locations are blogging about so you never have to miss a blogged-about beat. Hype Machine for Apple, UberHype for Android.

Easytune:
Finally something for the BlackBerry user (Hello? Hello? Are you still out there?). Easytune is a free download that lets users stream their favourite jams, create playlists and share with pals. It's relatively new, so give 'em a break while they work out their kinks.

Twitter

@metropicks asked: Have you read Sinead O'Connor's advice to Miley Cyrus? Who else do you think should mentor her?

@buzzbishop: Going to go out on a limb here, but how about ... her parents?

@shillelaghspub: Dean West - the boot camp drill sergeant from Maury for sure lol!

@caitedge: maybe she just needs less people telling her what she needs

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Synopsis

This is a spacey story about medical engineer Dr. Ryan Stone (Sandra Bullock) and astronaut Matt Kowalsky (George Clooney). She's an uptight novice; he's a wisecracking vet on his final mission. It's routine stuff until a debris storm, comprised of bits and pieces of old satellites, crashes into their space shuttle. Stone is knocked "off structure" and drifting through the inky darkness while Kowalsky uses his experience and calm to rescue her. The storm has also knocked their communications offline and they are forced to become Space MacGyvers in order to survive.

- Richard: ●●●●○
- Mark: ●●●●○

Sandra Bullock is an uptight novice who gets into serious trouble in Gravity. CONTRIBUTED

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

The pull of pretty shots

Gravity. A story of isolation is couched in beautiful cinematography

Richard: Mark, Gravity is an ambitious film. From a technical point of view it's a wild outer space adventure, but it is grounded by Ryan Stone's personal story and her search to find meaning in her life. It's not an epic like 2001: A Space Odyssey or an outright horror film like Alien. There are no monsters or face hugging ETs. It's not even a movie about life or death. Instead it is a life-affirming movie about the will to survive. What did you think?

Mark: Richard, I think the movie is about our deepest fear: the fear of being alone. Sandra Bullock is literally adrift and detached from everything and the effect is powerful. It may take place in space but reminded me of films like Castaway and 127 Hours.

RC: It does have a lot in common with those movies, plus some mind-bending special effects. The isolation of space is well portrayed, the "off structure" sequences are tense and effective and the shots of Bullock drifting in the inky darkness or floating through her space shuttle are beautiful, like interstellar ballet. As effective as the human story is in Gravity, however, I could almost imagine turning the sound down and being content to just watch the pictures. Like Laser Floyd in Space. What did you think of Bullock?

MB: She was great; very moving. But it's the cinematography that's the real star. Pure visual poetry. If there were ever a movie that deserved to be seen in 3D IMAX this is it. But the music was kind of overwrought, wasn't it?

RC: It's strange, but I don't really remember the music. There is no sound in space, I guess. For me the movie is all about the visual beauty. The 17-minute-long uninterrupted shot that starts the film is spectacular and overall the look will make your eyeballs dance, although I wonder though if it isn't just a bit too in love with its technique in places. There's a scene where we see Bullock reflected in one of her own, gravity free, tears. It's a great image but one that feels a bit too clever. It was one of the few times in the film that I thought I was watching a special effect.

MB: I noticed the tears too, although I was just grateful she didn't have a runny nose.

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Machete Kills opens next Friday. CONTRIBUTED

Machete Kills, but Machete also golfs and rescues dogs

Danny Trejo. Despite his rough exterior, this character actor is just a big old teddy bear

LIZ BROWN
liz.brown@metronews.ca

When Hollywood needs someone to play a badass Mexican, the only guy to call is Danny Trejo.

With his craggy face, pony tail and chest tattoo of a sombrero-clad woman, he's the kind of hombre that would make plump pasty Gringos run back to the border on those loco toe-dipping trips to Tijuana.

And he doesn't just have the look for these roles, he's got the resumé too. Highlights include past drug addiction and multiple stints in prison. He spent time in San Quentin in the 1960s and at one point during a riot threw a rock that struck a prison official — during that time a gas chamber offence.

But he's come a long way from those dark days. The sequel to Machete — his first leading-role film — hits theatres next Friday.

Machete Kills sees Trejo (a.k.a. Machete) in the employ of the quippy U.S. President (Charlie Sheen). His mission? To shut down a psycho billionaire arms dealer (Mel Gibson) intent on blowing up the world.

A 12-step program followed by a series of serendipitous events led Trejo to this new life — it's a change he attributes to the "grace of God."

"Every morning I wake up is an absolute blessing and every night I go to bed is an absolute blessing," he says in a phone interview from his home in L.A.'s San Fernando Valley.

At 69 years old, Trejo's interests have moved from prison brawling to golf and his rescue dogs.

Today, he's supervising a team of workers who are installing a driving range in his backyard.

Giving thanks

"Every morning I wake up is an absolute blessing and every night I go to bed is an absolute blessing."

Danny Trejo reflecting on his life

"I'm doing a sitcom with George Lopez right now called Saint George and he gave me a set of golf clubs so it's like, 'Let's learn how to golf,'" he says.

There's a pause, a crash and raucous barking.

"HEY! YOU STOP THAT."

In another minute he's back on the line. "I have the most disobedient dogs in the world. I've got six of them. I just rescue them. I think they were all going to the gas chamber too," he laughs.

But back to Machete and all his other characters, like that knife-thrower in Desperado who takes down Steve Buscemi and almost ends Antonio Banderas.

That scene changed my life. It was so damn *cool*, I gush.

He laughs again.

"I can throw a knife, but you gotta remember that's movie magic, and (director Robert Rodriguez) is the best at it."

Apparently Machete is better at throwing double-headed axes. "I'm really good at that," he insists.

But for all his tough guy swagger, Machete isn't invincible.

"I had a sword fight with Mel Gibson in this movie and when Robert Rodriguez said, 'Action,' I threw my sword down and he said, 'What's wrong Danny?' and I said, 'I'm not fighting William Wallace, come on, he saved Scotland, are you crazy?'"

To find out who won that brawny battle, you'll have to check out the film on Oct. 11.

Apps

Gravity: Don't let go

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

iPhone/iPad/Android
Free
In this heart-pounding interactive trailer for the movie Gravity you become astronaut Dr. Ryan Stone (Sandra Bullock) and must perform tricky maneuvers to survive a harrowing catastrophe in outer space.

Comedy/Drama

Drinking Buddies

Director. Joe Swanberg

Stars. Olivia Wilde, Jake Johnson

Mumblecore stalwart Joe Swanberg trades up actor-wise in Drinking Buddies, which sees the lesser lights of his previous movies replaced by big-wattage actors like Olivia Wilde, Anna Kendrick and Jake Johnson. This story of two couples who disband and tentatively shift romantic partnerships following a tense weekend at the cottage has more wit and shape than Swanberg's previous films, but it's also surprisingly conventional: a crossover move from a director who has made his name by staying safely tucked within a low-budget niche.

ADAM NAYMAN

THESE PAGES COVER MOVIE START TIMES FROM FRI., OCT. 4 TO THURS., OCT. 10 TIMES ARE SUBJECT TO CHANGE.

Southland Mall
3025 Gordon Rd.

Battle of the Year (PG) Fri 10:05 Sat-Sun 4:20-10:05 Mon 8:45 Tue-Thu 7:30
Battle of the Year 3D (PG) Fri 7:15 Sat 1:05 Sun 1:05-7:15 Mon-Thu 5:30
Captain Phillips (PG) Sat 7
Cloudy With a Chance of Meatballs 2 (G) Sat-Sun 1:30 Mon-Thu 5:35 Star & Strollers Screening Wed 1
Cloudy With a Chance of Meatballs 2 3D (G) Fri 7:30-9:50 Sat-Sun 5-7:30-9:50 Mon-Thu 8:15
The Conjuring (14A) Fri 7:20-9:55 Sat-Sun 4:40-7:20-9:55 Mon 6 Tue-Thu 6-8:45
Despicable Me 2 (G) Fri 7 Sat 2-4:25-7:15 Sun 2-4:25-7 Mon-Thu 4:50
Generation Iron (PG) Mon 8
Gravity 3D (PG) No Passes Fri 7:55-10:15 No Passes Sat-Sun 1:15-3:30-7:55-10:15 No Passes Mon-Thu 5:50-8:30
Grown Ups 2 (PG) Fri 9:25 Sat 9:40 Sun 9:25 Mon-Thu 7:40
Lee Daniels' The Butler (PG) Fri 6:45-9:45 Sat-Sun 12:50-3:45-6:45-9:45 Mon-Thu 5-7:55 Star & Strollers Screening Wed 1
The Mortal Instruments: City of Bones (PG) Fri 6:50 Sat-Sun 1-3:50-6:50 Mon-Thu 5:10
Percy Jackson: Sea of Monsters (PG) Sat-Sun 1:40 Mon-Thu 5:25
Percy Jackson: Sea of Monsters 3D (PG) Fri 7:05-9:35 Sat-Sun 4:15-7:05-9:35 Mon-Thu 8:35
Planes (G) Fri 7:45 Sat-Sun 1:50-7:45 Mon-Thu 5:15
Planes 3D (G) Fri 10:10 Sat-Sun 3:35-10:10 Mon-Thu 8
The Smurfs 2 (G) Sat-Sun 1:45
We're the Millers (14A) Fri 7:40-10:10 Sat-Sun 1:25-4-7:40-10:10 Mon-Thu 5:45-8:20
The World's End (14A) Fri-Sun 9:50 Mon-Thu 8:05

Galaxy Cinemas

Rush. CONTRIBUTED

Normanview S.C.
420 McCarthy Blvd. N. Unit

Captain Phillips (PG) Thu 9:30
Cloudy With a Chance of Meatballs 2 (G) Sat 12:05 Sun 1:30 Sat 11:10
Cloudy With a Chance of Meatballs 2 3D (G) Fri 5-7:25-9:55 Sat 2:35-5-7:25-9:55 Sun 4:10-6:45-9:10 Mon-Thu 6:55-9:15
Don Jon (18A) Fri 5:20-7:40-10 Sat 12:50-3:05-5:20-7:40-10 Sun 3-5:15-7:30-9:50 Mon-Wed 7:35-9:55 Thu 9:55
Enough Said (PG) Fri 4:50-7:15-9:40 Sat 11:40-2:05-4:50-7:15-9:40 Sun 1:20-1:55-3:40-7:15-9:40 Mon-Wed 7:20-9:45 Thu 7:15-9:45
The Family (14A) Fri 4:25-7-9:35 Sat 1:40-4:20-7-9:35 Sun 1:40-4:20-9:35 Mon 10:30 Tue-Wed 7:05-9:40 Thu 7
Funny Girl (STC) Wed 7
Gravity 3D (PG) No Passes Fri 5:25-7:45-10:05 No Passes Sat 12:45-3:10-5:25-7:45-10:05 No Passes Sun 3:05-5:20-7:35-9:55 No Passes Mon-Thu 7:50-10:05
Insidious: Chapter 2 (14A) Fri 5:10-7:55-10:25 Sat 2:40-5:10-7:55-10:25 Sun 2:35-5:10-7:45-10:15 Mon-Thu 7:40-10:15
Machete Kills (14A) Thu 9:35
The Metropolitan Opera: Eugene Onegin (STC) Sat 10:55
Open Season (G) Sat 11
Prisoners (14A) Fri 6:55-10:15 Sat 12:15-3:35-6:55-10:15 Sun 3:35-6:50-10:10 Mon-Thu 6:50-10:10
Runner Runner (14A) No Passes Fri 5:40-8-10:20 No Passes Sat 1-3:20-5:40-8-10:20 No Passes Sun 3:10-5:30-7:50-10:05 No Passes Mon-Tue 7:55-10:10 No Passes Wed 7:15-10:10 No Passes Thu 7:10-10
Rush (14A) Fri 4:35-7:30-10:25 Sat 11-1:45-4:35-7:30-10:25 Sun 1:35-4:25-7:20-10:10 Mon-Wed 7:25-10:15 Thu 7-10:15
Vermeer and Music: The Art of Love and Leisure (STC) Thu 7:30
We're the Millers (14A) Fri-Sat 4:30-7:10-9:45 Sun 4:30-7:05-9:45 Mon-Tue 7:10-9:50 Wed 9:30 Thu 7:25
WWE Battleground 2013 (STC) Sun 6

Kramer IMAX Theatre
2903 Powerhouse Dr.

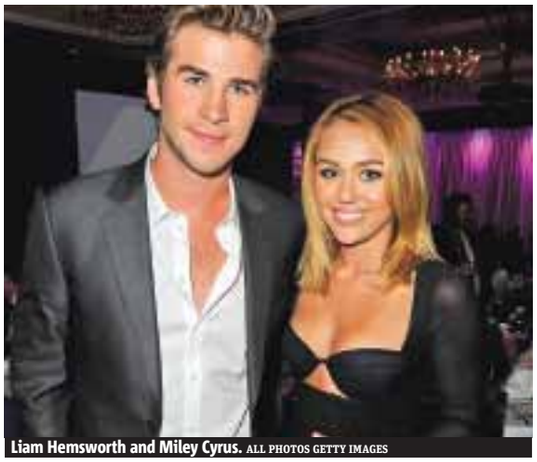
Elysium: The IMAX Experience (14A) Fri 3:30-7 Sat-Sun 1-7 Thu 3:30
Flying Monsters 3D (STC) Fri 1 Sat-Sun 4:45 Tue-Thu 2:15
No Films Showing Today (STC) Mon
Rocky Mountain Express (STC) Fri 2:15 Sat-Sun 3:30 Tue-Wed 1-3:30 Thu 1

Golden Mile
3806 Albert St.

2 Guns (14A) Fri 1:15-3:50-6:30 Sat 1:15-3:50 Sun 1:15-9:10 Mon-Thu 1:15-3:50-6:30-9:10
Besharam (STC) Fri 9:20 Sat 6:30-9:20 Sun 3:30-6:30
Drinking Buddies (STC) Fri-Thu 3:45-9:20
Elysium (14A) Fri-Thu 1:10-3:50-6:40-9:10
Fruitvale Station (14A) Fri-Thu 1:20-6:35
Kick-Ass 2 (14A) Fri-Thu 1:15-3:55-6:50-9:25
The Lone Ranger (PG) Fri-Sun 5-8 Mon-Thu 1:30-7
Monsters University (G) Fri-Thu 1:25-4:05-6:45
The Purge (14A) Fri-Thu 6:50-9:20
This Is the End (18A) Fri-Thu 9:15
Turbo (G) Fri-Thu 1:15-4:05
The Wolverine (14A) Fri-Thu 1:10-3:45-6:35-9:15

Regina Public Library Film Theatre, 23 11 12th Ave.

Brother Number One (STC) Fri 9 Sat 7 Sun 9
The Conspiracy (STC) Fri 7 Sat 9 Sun 7
The Ghosts in Our Machine (STC) Thu 9
No Films Showing Today (STC) Mon-Tue
Paranormal Activity (STC) Wed 7
Scatter My Ashes at Bergdorf's (STC) Thu 7



Liam Hemsworth and Miley Cyrus. ALL PHOTOS GETTY IMAGES

Did Miley make Liam the star he is today? It seems Cyrus would say so

While Miley Cyrus and Liam Hemsworth officially split in September, the breakup reportedly dragged out over four months — with Cyrus guilt-tripping Hemsworth for the bulk of it, according to Radar Online. "She was constantly reminding him that she 'helped make him a star' through their movie, The Last Song, and she'd brag that she 'introduced him to the world,'" a source says. "Miley was super-manipulative with Liam and she used the movie to trap and guilt him into staying in a relationship with her."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Bynes' parents speak out on misinformed media

MELINDA TAUB
Metro World News

After months of speculation about Amanda Bynes' whereabouts and treatment, her mother Lynn Bynes has spoken publicly for the first time. "I would really like everyone out there to know that almost 99 per cent of the things written about my daughter in various media outlets are false or misleading," Lynn told People in a statement.

Reports have placed Amanda at various treatment facilities since she was placed in her parents' custody this summer, but Lynn went on to explain that the Bynes family had decided not to release any details on Amanda's condition.

"Please know that neither myself or other family members have ever released any information regarding her treatment or diagnosis. We truly believe in keeping our daughter's situation private for now."

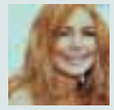
Totally understandable. Let us know if you change your mind and would like to satisfy our nosy, inappropriate curiosity. We'll be here.

Nothing compares to getting a cautionary letter from O'Connor

Sinead O'Connor

Sinead O'Connor is worried about Miley Cyrus — at least enough to pen an open letter to the Wrecking Ball singer. "I am extremely concerned for you that those around you have led you to believe — or encouraged you in your own beliefs — that it is in any way 'cool' to be naked and licking sledgehammers in your videos," O'Connor writes. "You will obscure your talent by allowing yourself to be pimped, whether it is the music business or yourself doing the pimping. The music business doesn't give a s— about you, or any of us. They will prostitute you for all you are worth and cleverly make you think it's what you wanted, and when you end up in rehab as a result of being prostituted, 'they' will be sunning themselves on their yachts in Antigua, which they bought by selling your body and you will find yourself very alone."

Twitter



@lindsaylohan
Givenchy in Paris.. IN LOVE with the sequined gowns.

@NiallOfficial
20 minute powernap In the dressin room!

Send your waste to a better place.
We've expanded our waste plan for a greener Regina.
Help our city divert even more household waste from the landfill. Bring the material that shouldn't go in your garbage or recycling cart to one of our new depots.
Leaf and yard waste depots
Open Saturdays from 9am to 4pm, now until November 2
Drop off at four locations across Regina
Household hazardous waste day
Open Saturday, October 5 from 9am to 4pm
Drop off at the City's Public Works Yard
For more information, visit:
Regina.ca
City of Regina
REGINA
Infinite Horizons

Add a little Italian to your seafood stew

Cioppino. This version of the savoury dish tastes just as good as the original, but without all the fat

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

This is the standard Italian soup dish called cioppino, but a little lighter on the calories and fat. One serving contains only 238 calories, six grams of fat and 33 grams of protein.

Not a fan of white fish? Feel free to use any combination of seafood (shrimps and scallops work well) or fish for a great one-dish meal served with a salad or some Italian crusty bread.

Seafood Tomato Stew

This recipe serves six. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT COOKING (MCM BOOKS)

Ingredients

- 1 tbsp vegetable oil
- Half medium onion, chopped
- Half celery stalk, chopped
- 1 tsp crushed garlic
- 1/4 lb mushrooms, sliced
- 2 cans tomatoes (each 19 oz), chopped and drained
- 2 tbsp tomato paste
- 1/3 cup white wine or fish stock
- 1 tsp dried oregano
- 1 1/2 tsp dried basil
- 2 bay leaves
- 24 mussels
- 1/2 lb shrimp, peeled and deveined
- 1/2 lb scallops
- 1/2 lb firm white fish (cod, halibut, haddock), cut into bite-sized pieces
- Chopped fresh parsley

1. In a large nonstick saucepan, heat oil; sauté onion, celery, garlic and mushrooms until softened, approximately 5 minutes.

2. Add tomatoes, tomato paste, wine, oregano, basil and bay leaves; cover and simmer for 25 minutes, stirring occasionally.

3. Scrub mussels under cold water; remove any beards. Discard any that do not close when tapped.

4. Add mussels, shrimp, scallops and fish to pot; cover and cook for 5 to 8 minutes or until mussels open, shrimp are pink and scallops and fish are opaque. Discard any mussels that do not open. Discard bay leaves. Serve immediately.

RECIPE COURTESY OF ROSE REISMAN BRINGS HOME LIGHT COOKING BY ROSE REISMAN (MCM BOOKS)

Liquid Assets

Pairing wine with seafood

LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

As a proud Maritimer I know my way around a feed of anything that swims, crawls or attaches itself to a rock in the ocean.

As a wine guy, I'm also aware the term "seafood" casts a huge net, gathering hundreds of flavour profiles that make choosing one liquid partner to satisfy them all nearly impossible.

Of course your favourite aquatic inhabitant rarely gets served alone, so consider everything on the plate when looking for a wine mate.

While today's feature recipe may include more fish than an episode of Jacques Cousteau, it's really the tomatoes that put their stamp on the dish.

Though tomatoes can make a temperamental marriage with wine, seafood stew offers a robust-enough personality to go head-to-head with a red offering good acidity and subtle flavours.

An Italian Chianti is a great choice, as would a New World pinot noir. Mirassou Winery's 2011 Pinot Noir ($12.99 - $14.99) from California is ripe, round and fish-friendly with more than enough grip to tame the influential tomato base.

PETER ROCKWELL IS THE EVERYMAN'S WINE WRITER; FACEBOOK.COM/THEREALWINEGUY

From the food truck to your kitchen

This Pacific Rim Chowder recipe is taken from Eat St., the companion cookbook to the Food Network Canada show of the same name.

1. Drain corn, reserving liquid.

2. In a large pot over medium-high, heat oil. Add corn, onions, carrots, celery, potatoes, garlic, coriander, cumin, salt and pepper. Sauté until vegetables are soft.

3. Add reserved corn liquid, tomatoes, coconut milk, chili sauce, chipotles, hot sauce, Worcestershire sauce and minced cilantro. Simmer for 10 minutes.

4. Stir in fish; simmer for another 5 minutes or until fish is just cooked. Serve garnished with cilantro leaves and green onions.

RECIPE COURTESY OF EAT ST.: RECIPES FROM THE TASTIEST, MESSIEST, AND MOST IRRESISTIBLE FOOD TRUCKS BY JAMES CUNNINGHAM (PENGUIN, 2013)

Ingredients

- 1 can (12 oz) corn kernels
- 2 tbsp canola/olive oil blend
- 1 1/2 cups finely chopped onions
- 1 1/2 cups diced carrots
- 1 1/2 cups diced celery
- 1 1/2 cups diced parboiled potatoes
- 1/4 cup crushed garlic
- 2 tsp toasted ground coriander
- 1 tsp toasted ground cumin
- 1 tsp sea salt
- 1 tsp pepper
- 1 can (14 oz) crushed tomatoes
- 3 cans (each 14 oz) coconut milk
- 1/2 cup sweet chili sauce
- 1/4 cup chipotle chilies in adobo sauce, chopped
- 2 tbsp hot sauce
- 2 tbsp Worcestershire sauce
- Leaves from 1 bunch fresh cilantro, minced
- White fish or seafood (cod, halibut, shrimp, scallops, lobster), cut into bite-size pieces

This recipe serves 8. CONTRIBUTED

DIY Thanksgiving

Style gurus Steven Sabados and Chris Hyndman are getting ready for the Thanksgiving holiday and shared these easy, cost-effective DIY projects to help you get into the festive spirit. For more Thanksgiving tips, watch Steven and Chris weekdays at 2 p.m. on CBC.

ALL PHOTOS AND TEXT PROVIDED BY STEVEN AND CHRIS

Thanksgiving table setting

There's no better time of year to celebrate nature's charm than Thanksgiving. Beautiful foliage splashes our landscape, creating breathtaking scenery that has inspired us to create this seasonal table setting.

- Burlap
- Pumpkins and gourds
- Flowers
- Candles
- Dried corn husks
- Manila labels

Method:
1. Run a piece of burlap down your table as a runner. It will warm up the table and instantly set the tone for your harvest meal.
2. Gather pumpkins, gourds, flowers and a few candles to dress up the centre of the table. For a foolproof way to set this up, start with the largest pumpkin and flowers in the centre and work your way out, getting gradually smaller as you go.
3. Create a pumpkin vase by hollowing out one pumpkin and adding a cylinder vase to the centre. Add a seasonal floral bouquet to the vase.
4. Create organic place cards by using dried corn husks wrapped with string. Attach a manila label (with your guest's name handwritten on the label) to each grouping of husks.

Birch candlestick holders

Birch logs are a chic addition to your fall decor and are often found in robust autumn planters. Incorporate a touch of this rustic elegance into your fall tablescape with these beautiful birch log candlestick holders.

- Saw
- Birch logs
- Drill & spade bit
- Candles

Method:
1. Saw your birch log into varying heights.
2. In the centre of each log drill a hole, approximately one inch in depth (Note: Use a spade bit that is the same width as your taper candle — we used a 3/4-inch bit).
3. Add felt pads to the bottom of all your log rounds.
4. Add your candles to the log holders and display in a cluster for a fun centrepiece.

The Pumpkin Alexander cocktail

The wonderful fall flavours that we savour at Thanksgiving need not end once dinner has been devoured. The delicious taste of pumpkin can add an interesting festive twist to a classic Brandy Alexander cocktail. Consider the Pumpkin Alexander as the perfect cocktail for your Thanksgiving dinner party!

- 1.5 oz brandy
- 0.5 oz amaretto
- 2 oz crème
- 3 tsp canned pumpkin pie filling
- Nutmeg
- Cinnamon

Method:
1. Drop some crushed ice into a shaker.
2. Add brandy, amaretto, crème and canned pumpkin pie filling.
3. Secure the shaker lid on the shaker.
4. Shake away!
5. Pour the frothy cocktail into a martini glass.

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carawaygrill.ca

Burnett, Bucs bomb in St. Louis

Pittsburgh Pirates starter A.J. Burnett pitches during the first inning of the National League Division Series opener against the Cardinals on Thursday in St. Louis. Burnett gave up seven runs in the third and the Pirates lost 9-1 in Game 1. CHARLIE RIEDEL/THE ASSOCIATED PRESS

Geroy readies for grand return to B.C.

CFL. Rider receiver's former home field still 'feels like home'

Geroy Simon paused for a moment to reflect as he stood on the field where he made a name for himself.

"I've got chills already standing in this place," the Saskatchewan Roughriders receiver said as he met the media at BC Place stadium on Thursday.

Simon spent 12 seasons with the Lions before being traded to the Riders in January. He became the CFL's all-time leader in receiving yards last season with B.C. and broke the league's record for career receptions last week.

"It feels like home. I'm excited to be here," Simon said. "I'm here as a visitor, but it still feels normal."

Simon and the Roughriders hosted the Lions in Regina on Sept. 22, with B.C. securing a 24-22 victory. The 38-year-old said getting the first game against his former team out of the way will help make Friday's matchup easier.

"It was good that we got to play them a couple weeks ago in Regina. I got to see a lot of people and say hi to people I hadn't seen in a long time," Simon said. "I've got to put that aside and help this team win a football game."

Lions head coach Mike Benevides said B.C. plans to honour Simon before the game.

"It's going to be exciting to see him in the building. I know he's going to be ready and jacked up to make an impact on the game," Benevides said. "It's certainly going to be a warm moment because I know the fans are going to acknowledge him in a positive way, and they should.

"It was my privilege to be a coach for him for 10 years."

Simon, who missed five games in 2012 because of hamstring issues, said after the season that he was open to restructuring his contract with B.C.

Lions general manager Wally Buono gave Simon permission to gauge interest in a potential trade, which led to the deal with Saskatchewan.

Simon has 31 catches for 448 yards and three touchdowns so far in 2013, but also missed three games with an injury. THE CANADIAN PRESS

Quoted

"It was my privilege to be a coach for him for 10 years."

B.C. Lions head coach Mike Benevides on Geroy Simon

NFL

Former Ticat Williams on way to New Orleans

It didn't take Chris Williams long to land in the NFL.

The wide receiver, who negotiated his release from the CFL's Hamilton Tiger-Cats this week, has signed a contract with the New Orleans Saints, his agent said Thursday.

Dan Vertlieb, Williams' Vancouver-based agent, told The Canadian Press that Williams is headed to New Orleans. On Wednesday, Williams and the Ticats reached an agreement to allow CFL's top special-teams player last year to pursue opportunities in the NFL.

THE CANADIAN PRESS

NHL

Roy fined after outburst in debut

Patrick Roy was fined $10,000 by the NHL on Thursday for his emotional outburst the night before in his Colorado Avalanche coaching debut.

Soon after the final horn of a 6-1 win, Roy yelled at Anaheim coach Bruce Boudreau and then pounded on the glass partition separating the two benches. Roy was livid over a late knee-to-knee hit on rookie Nathan MacKinnon.

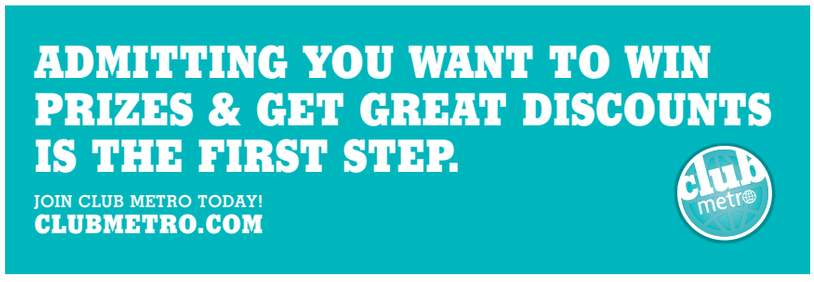
Roy said he will "always defend my players."

THE ASSOCIATED PRESS

NHL

Fleury, Crosby lead Pens to win

Marc-Andre Fleury stopped 28 shots for his 250th NHL victory and franchise-record 24th shutout, and Sidney Crosby scored in Pittsburgh's two-goal first period to lead the Penguins to a 3-0 victory over the New Jersey Devils on Thursday night in the season opener for both teams. THE ASSOCIATED PRESS



Horoscopes

♈ Aries
March 21 - April 20
Your heart will point you in the right direction today and if you are smart you won't ask questions, you will just go where it tells you to go

♉ Taurus
April 21 - May 21
You probably won't get a lot of free time today and over the weekend, so make sure others know you are going to be busy.

♊ Gemini
May 22 - June 21
Nothing and no one can stand between you and your goal, but don't get carried away. More important than success is that you reach it appropriately, playing by the rules and helping others along the way.

♋ Cancer
June 22 - July 23
Petty squabbles could easily get out of hand over the next two or three days, so make it a point of honor to control your temper.

♌ Leo
July 24 - Aug. 23
Travel and socialize as much as possible today and over the weekend, because the new moon will introduce you to people and places that bring a smile to your face. Life is good and about to get even better.

♍ Virgo
Aug. 24 - Sept. 23
A new moon in the financial area of your chart means you will get what you deserve, nothing more and nothing less. It's not all about money, of course, but it's a pretty good way of measuring how successful you've been.

♎ Libra
Sept. 24 - Oct. 23
You will be feeling on top of the world today, and with every good reason. The approaching new moon in your sign means that happy days are here again.

♏ Scorpio
Oct. 24 - Nov. 22
It would be foolish to try to bluff your way out of trouble when there really isn't that much at stake. If you have made a mistake then admit it – and maybe follow up with an aggressively Scorpio "so what?".

♐ Sagittarius
Nov. 23 - Dec. 21
You will find it difficult to play by the rules today, especially if other people egg you on to do something outrageous.

♑ Capricorn
Dec. 22 - Jan. 20
Important people expect you to deliver and you must not let them down. You may have to burn the candle at both ends in order to meet your obligations on time but you'll be glad you did, so get on with it.

♒ Aquarius
Jan. 21 - Feb. 19
A new moon in your fellow Air sign of Libra means you can easily escape tasks you don't want to do and people you don't want to get involved with.

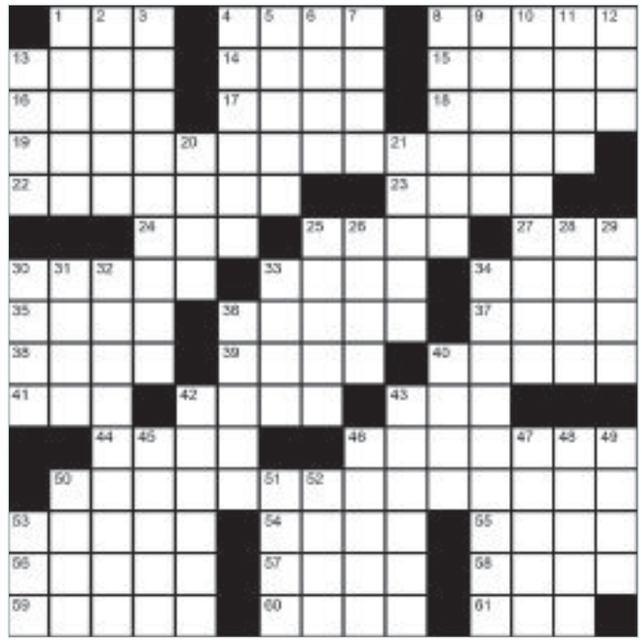
♓ Pisces
Feb. 20 - March 20
Keep your eyes and ears open and, above all, keep an open mind because an offer that comes your way out of the blue is not to be missed.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

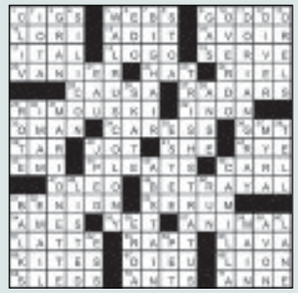
BY KELLY ANN BUCHANAN



Across
1. Teacher's replacement, commonly
4. Boo-hooed
8. Mystery writer Dame Christie, informally
13. __-mucil (Fiber supplement brand)
14. The 'A' in AD
15. Hairstyling headquarters
16. Have __ __ (Know 'somebody')
17. Winnebago owner, informally
18. Swedish explorer Mr. Hedin, and others
19. Beautiful sights in Canada: 2 wds.
22. Sandra Bullock's new outerspace movie
23. Boxing locale
24. "I'd like to buy __ '_'." ...said the "Wheel of Fortune" contestant
25. Music category
27. Friend ...en francais
30. New Testament star
33. 1722 Daniel Defoe book, __ Flanders
34. Suffix with 'Pluto' (Rich ruler)
35. Environmental sci.
36. Canadian folk singer/songwriter of "Rock and Roll Song"
37. Grain-of-rice shaped pasta
38. Open/__ case
39. Mr. Redding
40. Someone purchasing
41. Type of hill
42. Was in the red
43. Fish that fits here
44. Reasonable
46. Sweeper's receptacle
50. Bryan Adams hit: 4 wds.
53. Cream of the crop
54. Back
55. Y-__
56. Annoyed: 2 wds.
57. Combine
58. Name things on a pad
59. Open court hearings
60. Some insects
61. Allow

Down
1. Man's courtesy title in Barcelona
2. Mohawk Valley city in New York
3. Robber's would-be-stash holder: 2 wds.
4. Start liking, as an idea: 2 wds.
5. Diplomatic representative
6. Tire: French
7. Conflicted
8. Lash out
9. Singer Mr. DeGraw
10. "__ Glen Ross" (1992)
11. Particles
12. Spelled-out letters
13. Ms. Helgenberger
20. Yangs opposites
21. Letter ender, Yours __...
25. Strong
26. Alberta town
28. Complex path system
29. "Lump __ leave...": 2 wds.
30. "Why surely you __!"
31. Reverberate
32. The Guess Who song that goes "Whatever happened to homes as opposed to houses?": 2 wds.
33. Better half
34. Duncan, BC-born hockey great, Russ __
36. O, for one
40. Savour
42. Early stages of things
43. Palace protectors
45. Fragrant oil from flowers
46. Apportioned
47. Sprite
48. Make _ __ (Pose, boxer-style)
49. Home, informally
50. Be overly sweet
51. "__ la Douce" (1963)
52. Razor-sharp
53. Bigheadedness

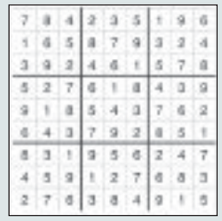
Thursday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Thursday's Sudoku



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metro

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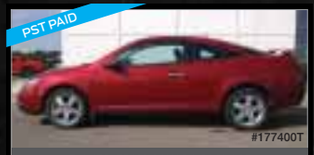
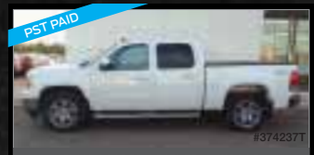


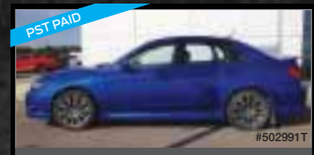
LT, AUTO, TEAM CANADA PACKAGE, SUNROOF, ONLY 14,000 KMS!

2010 CHEV COBALT
$13,898* / $118*



FULLY LOADED, LEATHER, SUNROOF, TONNEAU COVER, ONLY 33,000 KMS!

2011 GMC SIERRA
$38,999* / $277



2.5L TURBO, AWD, 5SPD MANUAL, HTD SPORT BUCKET SEATS, 17" ALLOYS, SUNROOF, ONLY 55,000 KMS

2009 SUBARU IMPREZA WRX
$24,995* / $204*

6.5FT BOX, REV CAMERA, 20" ALLOYS, HTD LEATHER, CONSOLE SHIFT, MOONROOF, ONLY 85,000KMS

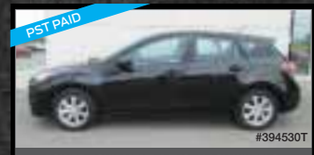
2008 FORD F-150 LARIAT S/CREW
$24,629* / $236*

V6, AUTO, HEATED LEATHER, 18" ALLOYS, SAT RADIO, POWER SEATS

2010 HONDA ACCORD EX-L
$21,995* / $181*

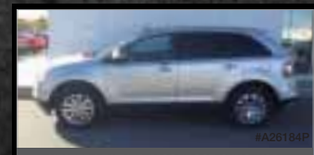
AUTO, GL, V6, AWD, BLUETOOTH, 17" ALLOYS, POWER EQUIP, LOW KMS

2010 HYUNDAI SANTA FE
$24,997* / $204*



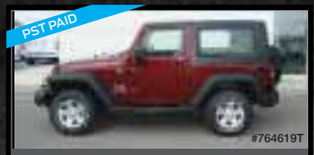
POWER EQUIPMENT, A/T/C, ALLOY WHEELS, ONLY 12,000 KMS, 1 OWNER, LOCAL TRADE

2011 MAZDA 3 HATCHBACK
$17,998* / $149*



HEATED LEATHER, MOONROOF, SYNC, USB, 18" CHROME WHEELS, 1 OWNER, LOW KMS

2010 FORD EDGE SEL AWD
$19,998* / $165*

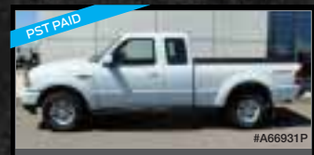


SPORT PKG, AUTO, PREMIUM SOUND, 16" ALLOYS, ONLY 30,000 KMS, LOCAL TRADE

2009 JEEP WRANGLER
$19,889* / $164*

NAV, 22" WHEELS, REVERSE CAMERA, REMOTE START, POWER LIFTGATE, ONLY 52,000 KMS

2011 FORD EDGE SPORT AWD
$33,225* / $247*



SUPERCAB, AUTO, A/T/C, TRACTION CONTROL, 16" ALLOYS, FENDER FLARES, ONLY 6,000 KMS

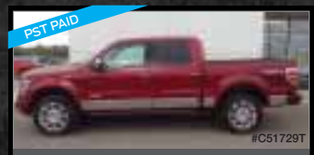
2011 FORD RANGER SPORT
$17,889* / $156*

AWD, V6, LEATHER, SUNROOF, MINT SHAPE, LOCAL TRADE

2009 FORD FLEX LIMITED
$23,668* / $194*

ECOBOOST, 6.5' BOX, OFF ROAD PACKAGE, CONSOLE SHIFT, 35,000 KM ON THIS LOCAL TRADE

2012 FORD F-150 FX4
$37,488* / $266*



SAVE OVER $15,000 OFF A NEW ONE! THIS TRUCK HAS EVERY OPTION FORD OFFERS, ONLY 5,000 KMS

2013 FORD F-150 PLATINUM
$49,998* / $352*

V6, AWD, AUTO, LOCAL TRADE WITH LESS THAN 70,000 KMS, SHOWS VERY WELL

2010 CHEVROLET EQUINOX
$18,998* / $163*

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